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Oregon Hospital for the Insane reports

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Report of the Superintendent of the Oregon Hospital for the Insane, <1872>

Biennial report of the Superintendent ... 1874-1880

Biennial report of the Oregon Hospital for the Insane to the Legislative Assesmbly,
<1882>

BIENNIAL REPORT
OF THE
SUPERINTENDENT
OF THE
OREGON
HOSPITAL FOR INSANE.

1874.



SALEM, OREGON:
MART. V. BROWN, STATE PRINTER.
1874.

REPORT
OF THE
SUPERINTENDENT
OF THE
OREGON HOSPITAL FOR THE INSANE.

To His Excellency, L. F. Grover,
Governor of the State of Oregon:

I herewith transmit, as required by law, the Sixth Biennial Report of the condition, etc., of the Oregon Hospital for Insane.

REPORT.

Whole number of patients remaining in Hospital September 1st, 1872:

State, Males.....	116	
“ Females.....	47	163
Private, Males.....	3	
“ Females.....	1	4
Total.....		167

Whole number of patients admitted from September 1st, 1872, to September 1st, 1874:

State, Males.....	85	
“ Females.....	37	122
Private, Males.....	1	
“ Females.....	5	6
Total.....		128

Whole number of patients treated in Hospital from September 1st, 1872, to September 1st, 1874:

State, Males.....	201	
“ Females.....	84	285
Private, Males.....	4	
“ Females.....	6	10
Total.....		295

Whole number of patients discharged from September 1st, 1872, to September 1st, 1874:

State,	Males cured.....	32	
"	Females cured.....	18	50
"	Males Improved.....	4	
"	Females Improved.....	6	10
Total			60

State,	Males died.....	25	
"	Females died.....	7	32
Private,	Males cured.....	4	
"	Females cured.....	3	7
"	Females died.....	1	1

Whole number of patients remaining in the Hospital September 1st, 1874:

State,	Males.....	140	
"	Females.....	53	193
Private,	Females	2	2
Total			195

Of whole number of State and private patients discharged cured, 18 remained in the Hospital less than three months; 13, less than six months; nine, less than nine months; six, less than one year; 11, over one year.

Of the whole number of State and private patients discharged improved, five remained in the Hospital less than three months; one, less than nine months; one, less than one year; three over one year.

CAUSE OF DEATH.

Twenty-five males and seven females, State patients, and one private female patient, have died since my last report. Of these deaths ten resulted from pulmonary consump-

tion, four from organic disease of the brain, four from exhaustion of chronic mania, three from paralysis and general debility, one from softening of the brain, one from gangrene, two from epileptic convulsions, one from apoplexy, one from marasmus, one from general paresis, one from old age and debility, one from congestion of lungs, one acute mania, consequent upon inflammation of brain, one from pyaemia, from accidental wound, one from general dropsy.

NATIVITY.

Of the nativity of one hundred and ninety-five patients remaining in the Hospital September 1st, 1874, there are of the United States, 124 ; Ireland, 28 ; Germany, 11 ; England, 7 ; France, 4 ; Scotland, 2 ; Norway, 3 ; Austria, 3 ; Canada, 4 ; China, 4 ; Poland, 1 ; Nova Scotia, 1 ; Finland, 1 ; Mexico, 1 ; Africa, 1.

Of those remaining in the Hospital, at this date, the form of disease is acute mania, 39 ; chronic mania, 100 ; epilepsy, 14 ; monomania, 2 ; melancholy, 2 ; dementia, 24 ; idiocy, 14.

Of the whole number of patients now in the Hospital seventy-two are considered curable, ninety incurable, thirty-three doubtful.

Six private patients have been received, since my last report, four of whom have been discharged; one died and one remains in the institution.

The rates of recoveries to admissions, since my last report, is $42\frac{3}{4}$ per cent.

The deaths amount to 11 $\frac{1}{7}$ per cent. of the whole number treated.

The admissions for the past two years are ten less than in the preceding term.

The highest number of patients under treatment in the hospital at any one time was 199.

The lowest number of patients under treatment in the hospital at any one time was 160.

The average number of patients under treatment for the whole time was 180 35-100.

The whole number of male patients under treatment was 201—females, 84.

The highest number of males under treatment at any one time since my last report was 147.

The highest number of females under treatment at any one time since my last report was 53.

The lowest number of males under treatment at any one time since my last report was 113.

The lowest number of females under treatment at any one time since my last report was forty-five.

ESCAPES.

Since my last report six patients have escaped, of whom five have been returned, leaving one still at large.

The percentage of recoveries since my last report shows favorably as compared with the best Asylums in the country. Indeed it is much greater than the unpromising condition of the patients when admitted to the asylum would warrant one in expecting. Many of these were old cases, and had been broken down in physical health, as well as in mind, and I feel highly gratified that there should be so large a number who have been restored to reason and their friends.

To all who are practically familiar with the treatment of the insane it is a matter of surprise that those who have friends afflicted in this way should delay, even for a day, their proper treatment, and this only can be accom-

plished in a well conducted and thoroughly organized hospital for the insane. With early treatment it is considered possible, and even probable by some superintendents of asylums, that from 80 to 90 per cent. may be restored to reason.

SANITARY CONDITION.

No epidemic or general sickness has prevailed since the last report, and the health of the patients has been generally good; with the exception of an occasional case the indispositions have been mild, and yielded readily to ordinary treatment. Those who were feeble were kept generally on tonics, stimulants and nutritious diet, and in this manner their systems were fortified against disease. The amusements and out-door exercise have assisted greatly in promoting the present desirable sanitary condition.

AMUSEMENTS.

The patients have been encouraged to engage in those amusements which have been found to interest and benefit them. Besides those heretofore in use, there has been a croquet ground added, which has diverted the mind and afforded healthful exercise to many.

APPROPRIATION FUND.

Of the appropriation made by the last Legislature for the purpose of assisting those who having recovered wish to return to their friends or home, but find themselves destitute of means, and whose friends are unable to aid them, I have expended \$238 25, in sums of \$2 50 to \$25 each. In no case has there been more money furnished than was thought actually necessary to defray their expenses to their destination. The railroad companies

and O. S. N. Company have kindly given each patient discharged who lived on their line of travel a half price ticket, and have in this way saved a portion of the appropriation. I would recommend that this Legislature appropriate the sum of \$261 75, in order to restore to the fund the amount expended.

DEATHS.

The percentage of deaths has been unusually large for the past two years. Only two deaths, however, occurred from causes other than those producing the mental disorder, and in these the powers of resistance had been greatly impaired; so that when disease came it found their vitality so much reduced as to render them unable to resist the attack. The others were the natural termination, depending directly or indirectly on the original diseases with which they were admitted, and of which the mental disturbance was only the symptom. Many of these cases were of long standing, and were beyond hope of recovery, and it was only a question of time, as to the fatal termination. In more than a usual proportion organic disease of the brain prevailed, and in others the great nerve centers had been weakened or impaired by long continued disorder which was beyond remedial treatment.

TABLE

Showing the Name, Location, Cost of Buildings, Cost of Maintenance, etc., of existing Hospitals in the United States, 1874.

NO.	NAME.	LOCATION.	Cost of Buildings.	Average Cost Per Patient.	Annual Cost of Maintenance.
1	Maine Insane Hospital	Augusta, Maine	\$ 500,000 00	\$ 1,500 00	\$ 200 00
2	New Hampshire Asylum for Insane.....	Concord, New Hamps're	250,000 00	1,000 00	316 68
3	Vermont Asylum for Insane.....	Brattleboro, Vermont....	23,000 00		157 56
4	McLean Asylum for Insane.....	Summerville, Mass.			738 00
5	Northampton Lunatic Asylum	Northampton, Mass	350,000 00	875 00	191 00
6	Taunton Lunatic Asylum	Taunton, Mass	250,000 00	1,000 00	195 00
7	Boston Lunatic Asylum	South Boston, Mass.....			309 00
8	Butler Hospital for Insane.....	Providence, Rhode Isla'd	106,300 00	850 00	405 00
9	General Hospital for Insane	Middleton, Connecticut..	325,000 00	1,300 00	294 82
10	Retreat for the Insane	Hartford, Connecticut...			747 24
11	State Lunatic Asylum.....	Utica, New York.....			324 00
12	Brigham Hall.....	Canandaigua, New York	60,000 00	1,000 00	370 00
13	Hudson River State Hospital	Poughkeepsie, "			
14	New York City Lunatic Asylum	Blackwell's Island "			102 00
15	Kings County Lunatic Asylum.....	Flatbush, "	564,000 00	800 00	208 00
16	Rensselaer County Lunatic Asylum.....	Troy, "	50,000 00		230 00
17	Willard Asylum for Insane	Ovid, "	544,000 00	1,055 00	222 00
18	State Lunatic Asylum for Insane Criminals.....	Auburn, "	75,000 00	1,172 00	210 00
19	New Jersey State Lunatic Asylum.....	Trenton, New Jersey....	450,000 00	900 00	254 00
20	Western Pennsylvania Hospital for Insane.....	Dixmont, Pennsylvania.	500,000 00	1,250 00	273 52
21	Pennsylvania State Lunatic Asylum	Harrisburg, "	300,000 00	500 00	258 44
22	Insane Department Philadelphia Hospital.....	Philadelphia, "			102 00
23	Asylum for the relief of persons deprived of their reason	Philadelphia, "	80,000 00	1,200 00	607 00

INSANE ASYLUM.

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TABLE SHOWING NAME, LOCATION, ETC., OF HOSPITALS IN THE U. S.—CONTINUED.

NO.	NAME.	LOCATION.	Cost of Buildings.	Average Cost Per Patient.	Annual Cost of Maintenance.
24	Pennsylvania Hospital for Insane.....	Philadelphia, Penn.....	700,000 00	1,732 00	496 60
25	Government Hospital for Insane.....	District of Columbia.....	600,000 00	1,713 00	250 00
26	Hospital for Insane.....	Baltimore, Maryland	336,176 00	1,344 00	449 80
27	Sheppard Asylum.....	Baltimore, Maryland			
28	Eastern Lunatic Asylum of Virginia.....	Williamsburg, Virginia..			300 00
29	Western Lunatic Asylum of Virginia.....	Staunton, Virginia.....	200,000 00	532 00	231 92
30	West Virginia Hospital of Insane.....	Weston, West Virginia..	600,000 00	2,000 00	133 00
31	Insane Asylum of North Carolina.....	Raleigh, North Carolina..	250,000 00	1,080 00	300 00
32	Lunatic Asylum, South Carolina.....	Columbia, South Carol'a	250,000 00	950 00	250 00
33	Alabama Insane Hospital.....	Tuscaloosa, Alabama.....	250,000 00	1,000 00	208 00
34	Lunatic Asylum.....	Milledgeville, Georgia....			
35	Mississippi State Lunatic Asylum.....	Jackson, Mississippi.....	300,000 00	1,875 00	234 00
36	Insane Asylum of Louisiana.....	Jackson, Louisiana.....	135,000 00	844 00	184 00
37	Texas State Lunatic Asylum.....	Austin, Texas.....			330 00
38	Eastern Lunatic Asylum, Kentucky.....	Lexington, Kentucky.....			213 20
39	Western Lunatic Asylum, Kentucky.....	Hopkinsville Kentucky..	275,000 00	850 00	215 00
40	Hospital for the Insane.....	Nashville, Tennessee.....			
41	Asylum for Colored Insane.....	Nashville, Tennessee.....			
42	Northern Ohio Lunatic Asylum.....	Newburgh, Ohio.....	270,000 00	900 00	224 64
43	Long-View Asylum.....	Hamilton County, Ohio..			232 00
44	Central Ohio Lunatic Asylum.....	Columbus, Ohio.....			157 00
45	Southern Ohio Lunatic Asylum.....	Dayton, Ohio.....			152 88
46	Indiana Hospital for Insane.....	Indianapolis, Indiana....	500,000 00	1,000 00	329 68
47	Illinois State Hospital for Insane.....	Jacksonville, Illinois....	500,000 00	1,250 00	248 00
48	Wisconsin State Hospital for Insane.....	Madison, Wisconsin.....	418,000 00	1,155 00	263 90
49	Michigan Asylum for Insane.....	Kalamazoo, Michigan....	426,846 00	1,393 00	277 44
50	Minnesota Hospital for Insane.....	St. Peter, Minnesota.....	200,000 00	1,000 00	260 00
51	Iowa Hospital for Insane.....	Mt. Pleasant, Iowa.....	359,666 00	1,199 00	235 56

52	Missouri State Lunatic Asylum	Fulton, Missouri	270,679 00	773 00	223 60
53	St. Louis County Insane Asylum.....	St. Louis, Missouri.....	750,000 00	3,000 00	280 28
54	St. Vicent's Institution.....	St. Louis, Missouri			
55	Kansas State Insane Asylum.....	Osawatomie, Kansas.....	34,000 00	850 00	363 00
56	California Insane Asylum	Stockton, California	850,000 00	708 00	169 00
57	Bloomington Insane Asylum.....	New York City, N. Y.	250,000 00	1,389 00	624 00
58	Oregon Hospital for the Insane.....	East Portland, Oregon.....	60,000 00	316 00	325 00
59	State Lunatic Asylum.....	Worcester, Mass			210 00
60	Northern Hospital for Insane.....	Oshkosh, Wisconsin			240 00
61	Hospital for Insane.....	Independence, Iowa			213 20
62	Nebraska Hospital for Insane.....	Lincoln, Nebraska.....			515 75
63	Northern Insane Hospital.....	Elgin, Illinois			250 00
64	Hospital for the Insane.....	Des Moines, Iowa			213 00
65	Mount Hope Retreat.....	Baltimore, Maryland.....			
66	Asylum for the Insane.....	Steilacoom, W. Territory			400 00
67	California Hospital for Insane.....	Napa City, California.....	1,000,000 00	2,000 00	
			\$ 14,212,667 00		

N. B.—In the cost of maintenance, given above, the salaries of officers are in some instances included, in some excluded.

Average cost of construction for each patient, accommodated in all the Asylums in the United States, \$1,191 00

Average cost of maintenance, per capita, in all the Asylums in the United States, per annum,	291 70
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per week, 5 61

In the foregoing tables it will be observed that the average cost of construction for each patient accommodated is \$1,191.. Interest upon this sum at the rate of ten per cent. per annum will amount to \$119 10 per year, or \$2 29 per week, which, added to the average cost of maintenance per patient, \$5 61 (as shown by the same table), will give \$7 90 cents as the total average cost per week for each patient treated. This calculation will not apply to the States east of the Rocky Mountains, where the rates of interest are less than here, but for the Pacific slope, where the legal rate of interest is ten per cent. per annum, it is correct, and shows what must be added to the ordinary weekly cost of keeping insane persons where the State provides lands, buildings, furniture, etc.

Our sister State of California is now erecting a substantial Insane Asylum at Napa city that is estimated to cost from \$800,000 to \$1,000,000, and will accommodate between 500 and 600 patients.

The female department of the Asylum at Stockton, California, cost \$1,000 per patient, and to this must be added the value of grounds, furniture, etc., which will about make the cost average as shown in the foregoing table. This Asylum is a very plain but comfortable structure, having the most, if not all, of the modern arrangements found to be so essential to the comfort and successful treatment of the insane. I append the following letter from Dr. G. A. Shurtleff, Superintendent of the Stockton Asylum for the Insane, which will be found to be interesting, as bearing upon the subject under consideration.

STOCKTON, August 21, 1874.

J. C. Hawthorne, M. D.,

Supt. Asylum for the Insane,
East Portland, Oregon.

DEAR DOCTOR: You ask how we can feed, clothe and care for our patients in this Asylum at a cost of \$3 25 each per week:

In reply to this question I would say:

First—That the liberality of our State Legislatures, in their appropriations for the support of this institution for many years past, enables us to pay for everything we purchase, in cash, monthly. The vast size of the establishment, containing a population, including employees, of 1,350 people, requires us to purchase in large quantities. Hence supplies are obtained at the very lowest rates.

Second—We have an undue number of patients for the room, the hired help, and the medical and executive force. This applies especially to the male department, which, in its building accommodations, is separate from the female. We have very nearly 900 male patients. The main building, or male Asylum building proper, would not conveniently accommodate *one-half* this number. The excess have accommodations, such as they are, in cheap structures, of wood chiefly which are dependencies to the main structure, and supplied from its kitchen, except upwards of two hundred of said excess who have beds nightly spread upon the halls of the main building. Those in the detached wards or buildings are largely composed of an accumulation of chronic and incurable cases, which add but little to the current expenses of the institution, over and above what they actually consume in food and clothing. I trust it will not be so when the Napa Asylum is opened; but it is obvious that at present our per capita

cost is reduced by overtaxing both the capacity and the entire management of this Asylum. The whole number of patients, male and female, is 1,250. A reduction of this number to what we could conveniently and properly accommodate would increase the per capita expense of its maintenance. If, however, we had ample accommodation for this vast number it would not necessarily add much, if any, to the per capita cost of keeping our 1,250 patients; but such accommodations would involve an outlay of several hundred thousand dollars in the extension or erection of additional buildings for the excess of male patients.

The comparatively small number of patients you have in Oregon—say two or three hundred—could not be kept for the same *per capita* cost for which a very large number could be maintained. I do not think, however, that more than five or six hundred patients should be kept in one institution, because no one person can properly superintend the operations of an institution of a larger number.

Finally, in answer to your last question, the cost of building a plain, substantial Asylum for the insane. Well, without expensive ornaments or useless architectural pretensions, to accommodate 350 patients, will be about \$350,000, or \$1,000 to the patient. It would require economy and experience on the part of its agents to enable a State to come within this figure.

An asylum for a much larger number might be made to cost less, while one for a much smaller number would cost more per patient. Because, in either case, there must be a centre building for executive and general use, kitchen, laundry, engine house, air and smoke-stack, common sewer, and so forth, the size and cost of which are not in an exact ratio to the number of patients to be accom-

modated. These are as necessary in the smallest as in the largest public Asylum for the insane.

The new Asylum this State is building at Napa is planned for six hundred patients. The sum of \$800,000 has already been appropriated for its construction, and the law limits the cost to the amount appropriated.

Feeling that my statement and views will add nothing of value to your own experienced ideas and special information on this subject,

I am very truly yours,

G. A. SHURTLEFF.

To show the cost of building asylums in one of the Northwestern States, Michigan, I will give some extracts from a letter addressed to me by the Assistant Medical Superintendent of Michigan Asylum for the Insane, bearing date July 23, 1874. He says: "The asylum extension is designed to accommodate 288 male patients, and the cost of it completed, with warming and ventilating apparatus and furniture will be not far from \$1,000 for each patient—say \$290,000. It must be remembered, however, that the expense of its erection has been materially lessened by the fact that the present building rendered it unnecessary to supply a bakery, laundry, pumping works for water, etc. The item for sewer connections was also comparatively unimportant because connection was made with a sewer already constructed for the old building. We mention these matters to show that the figures given are full low enough. Indeed such was the general opinion of the members of the last Legislature, who voted for the erection of the Eastern asylum \$400,000, for a building to accommodate 300 patients—an equal number of each sex.

"The latter figures may therefore be regarded as an ap-

proximation of the cost of such an institution in the Western States.

Dr. Kirkbride, Superintendent of the Eastern Pennsylvania Hospital for the Insane, than whom there is no one more capable of judging of these matters, says in a letter of July 20, 1874, that the "cost of building insane asylums in some places of late years has nearly doubled, certainly has increased more than 50 per cent. everywhere. The hospital best built, best arranged, best managed, is always cheapest in the end; of this, be assured, there is no doubt."

I have embodied the above comprehensive table and extracts in this report for the purpose of conveying some idea of the comparative cost of keeping the insane in different parts of the Union, and to show that the expense of supporting this unfortunate class of persons does not consist in the items of food, clothing, attendance, etc., only, but that, on the other hand, the interest on the amount originally expended on buildings, grounds, etc., must enter very largely into the calculation. By the above schedule it is found that the item of interest alone amounts to very nearly 30 per cent. of the total cost of supporting these institutions, and in this estimate is not included repairs to buildings, which necessarily constitutes a very large item of expense in itself.

FOOD FOR, AND TREATMENT OF THE INSANE.

That the food for the insane should be both varied and nutritious, is a fact well understood by all who have had experience in the care and treatment of this unfortunate class of persons. In a memorial drawn up in behalf of the trustees of the Worcester Hospital for the Insane and

presented to the Legislature of Massachusetts, Dr. Edward Jarvis says :

“The management of the insane is necessarily different from and more expensive than that of the sane.

“The architectural arrangement of the Lunatic Asylum is very unlike that of a common dwelling or any other public institution. The managers and guardians, the officers and attendants, must be men of great discretion, sagacity and patience, who would earn large wages elsewhere, and can only be obtained and retained by larger rewards than are paid to those who attend on and do the work of healthy men and women abroad.

“There is a similar difference in the cost of the food of the mentally healthy and disordered. In all the most common forms of insanity, mania, melancholia and dementia, the patients need a more digestible and nutritious diet than men and women in health. Their malady, their excitements and their depressions increase the necessity that they should have food that is easily dissolved in the stomach and converted into living flesh by the nutrient arteries. They need nourishment, not only of a better quality, but oftentimes more abundant in quantity, to meet the excessive and morbid expenditure of force by the maniac in his excitements, and to save the melancholic and those who are tending to dementia from sinking under their depressions into torpidity, and if possible to raise the demented out of their sluggishness.

“Regarding the necessities of lunatics ; familiar with their dangers, and desiring to fulfill the purposes of a hospital by restoring as many as possible to health and saving as many as possible from sinking into mental death, the managers of these institutions everywhere, feed their patients better and at greater cost than sane men and

women are fed abroad. In England under the supervision of the county and borough magistrates and the guardians of the poor, who administer the funds entrusted to them with the greatest economy, the average cost of supporting the insane paupers, for food, clothing, attendance, and management in the public Asylums, is more than *three times* as great as that of supporting the sane paupers in the work-houses. In Ireland the cost of sustaining the insane poor in the asylums was almost *three and a half* times as great as that of the sane paupers in the work-houses.

“Universally, as far as the records have been printed and obtained, the managers of the insane have obeyed this pathological law and yielded to the necessity of giving their patients a better and of course a more costly sustenance and care than are needed for the support of sane men and women, in order to restore them to health or to save them from sinking into dementia and permanent disease or early death.

“Regarding the earnest suggestions of some members of the Legislature of 1863 the Trustees requested the Superintendent to try the experiment of a poorer and cheaper diet for the State paupers, and to give them a sustenance something like that allowed to the State Alms Houses. The experiment was tried faithfully for several months and the daily condition of the patients carefully watched. But the result, as a matter of economy, was unfavorable. The patients were more irritable and discontented, the excitable were less easily controlled, the languid drooped more, the torpid were more indisposed to action, the wards of the maniacal patients were more noisy, and those of the demented made less show of life, and all the insane propensities and proclivities seemed to gather new

force and to be less manageable in the hands of the officers and attendants; the curable made less progress and the incurable were more intensely disordered. Whatever might have been gained, in the diminished cost of food, was manifestly more than lost in the slower progress of recovery, in the prolonged duration of the mental disorder and in the probable failure of some to regain their health who might have been restored if allowed to enjoy that better diet which the necessities of their morbid condition required. The experiment was given up as a failure. The usual generous diet was again given to the patients and they soon began to show its effects in their improved condition and better progress."

Dr. Bryce, of the Alabama Asylum, in speaking of his own institution says: "It is really difficult to conceive how so small an allowance can be made to meet the demands, especially when it is known that, of all classes of boarders, the insane are perhaps by far the most expensive. They not only require constant and expensive nursing and attention, nutritious food in large quantities, medicine and comfortable clothing, but they are destructive of all kinds of bedding, clothing and every species of property to an extent which is hardly conceivable by the inexperienced."

Dr. Everts, Superintendent of the Indiana Hospital for the Insane, says: "No man knows when he may have to consign one of his own family or kindred to the generous walls of an Insane Asylum, or that he will not be the next for whom admission will be asked. It should be then, as I believe it is, the wish of every citizen of the State that their Hospital for the Insane should be conducted in such a manner and with such liberality of expenditure, intelligently and economically administered as

would meet their approbation and desire were their nearest and dearest friends participants in its beneficence."

Dr. Cleaveland, Superintendent of the Hudson River State Hospital for the Insane, says: "Only those who have made insanity their study and care, can be fully aware how much this has to do with the comfort and recovery of its subjects. That the want of sufficient and nutritious food is, in a multitude of instances, the primary cause of the malady, there can be no doubt. From a statement in the 'Medical and Surgical Reporter' it appears that in 1870 there were in England and Wales 54,713 persons under the cognizance of the Lunacy Commissioners and that 48,325 of these belonged to the pauper class. These Commissioners moreover expressed their conviction that in a great majority of cases impaired nutrition is the cause of the malady."

Dr. Stevens, Superintendent of the St. Louis County Insane Asylum, says: "All the sentiments and impulses of our higher nature prompt us to secure for this most unfortunate and helpless class, as far as lies in our power, every compensation possible for the deprivations which follow the overthrow of nature's highest prerogative. In modern asylum life, thanks to the great reformer, Pinel, and thanks to civilization, the maniac is no longer a criminal. The spirit of the age demands that his status in the social scale shall be very different from that of the vagabond or the thief. The great reform in the system of treatment steps in between husband and wife and the nearest and dearest of friends and substitutes a guardianship, in all its features as near as possible to that which nature and humanity dictate. Our system assumes the rights and duties that naturally belong to these relations, and contemplates the supply of the physical and

mental natures with that which other circumstances and surroundings have failed or have found impossible to provide. In all the well organized asylums there is a new field for the cultivation of the affections. A new soil where they may again grow and bloom. There is a new educational culture for the untamed passions, tastes and propensities; and may we not indulge the hope that ere long in these institutions, by practical experience and the tests of various systems, the great majorities of these unfortunates will enjoy as much of happiness as usually falls to the lot of humanity in other circumstances in the great struggle for existence."

My own experience fully corroborates that of all other superintendents upon this important branch of the treatment of the insane, and at all times the patients under my charge have been supplied with food of the best quality, and also in the greatest abundance, suited to the mental and physical condition of each one. I am aware that the idea prevails to some degree that the insane as a class do not require much food and even that little is not required to be of a varied and nutritious quality. There never was a greater mistake than this. If our asylums are to be remedial, patients must be fed, clothed and nursed properly, as well as receive the proper medical treatment. Indeed; medical treatment, however good, is of but little value unless conjoined with all the other necessities of a well regulated and properly conducted institution, as is shown by the experience of late years in all hospitals for the insane.

In speaking of the treatment of the insane, Dr. Van Dusen, of the Michigan Asylum, remarks: "But few cases of sthenic disease have ever been presented for treatment at this institution. By far the larger proportion of those

received are in feeble physical health, and while it is stated in reference to the inmates of two or three American institutions that only ten per cent. require special medical treatment, it is a fact that there is scarcely that number here who do not require it. Even in cases of chronic disease the suspension of special effort to improve nutrition, is speedily followed by restlessness, morbid irritability and excitement.

The foregoing is entirely in accordance with the facts developed in this institution. There are very few cases that find their way here that do not require tonics, and many of them, stimulants; these with quieting and alterative remedies form the greater part of the medical treatment which I find necessary in the majority of cases treated.

In connection with good food, warm clothing, kind and attentive nursing and judicious medical treatment, I find that all kinds of innocent amusements and a proper amount of bodily exercise in the open air form the chief reliance upon which we can place our hopes of restoring the diseased mind to a normal and healthy condition.

The Trustees of the Michigan Asylum in their report express correct views upon the subject of out-door exercise when they say: "It should be borne in mind, that while the labor of the class of insane who are retained under treatment here is of little pecuniary value, the influence of carefully directed and systematic means of diversion and recreative occupation in promoting comfort and allaying restlessness and irritability is very marked. The effect is strikingly manifest and especially gratifying upon a class of patients in whom insanity is gradually developed, and whose admission is urged on account of their propensities to restless irritability, destructiveness, or even acts of personal violence. Their

number gradually increases in almost all public institutions, and when restricted to the halls and unprovided with occupation, they become restless in the extreme, destructive and violent in their acts, and a source of great discomfort to their associates. In their hands the most harmless implement may at any time become a dangerous weapon, and even in their daily walks constant vigilance is required; still a proper regard for the quiet and good order of the halls, the comfort of this particular class, and the welfare of all, demands the employment of an almost unlimited variety of occupation and amusement, capable of adaptation to every class, in addition to a large and efficient corps of attendants. Without these the institution must fail to attain the highest possible results in promoting the comfort and restoration of its inmates.

ACKNOWLEDGEMENTS.

In behalf of the inmates of the Asylum I take pleasure in acknowledging the receipt, from Rev. T. L. Eliot and members of his congregation, of various magazines and papers, besides the "Christian Union," "Harper's Weekly," "New York Tribune," three dozen social hymns and tunes, for use of chapel; also, a multitude of beautiful bouquets.

From Rev. Mr. Rosenberg, periodicals and papers frequently:

From the proprietors of the "Plaindealer" and the "Astorian," who have sent us weekly copies free of charge.

From Rev. Mr. Bonnell, three dozen Episcopal mission service books, for use of chapel.

From Rev. Mr. Burton, Rev. T. L. Eliot, and E. Milwain, Esq., of Portland, a donation of forty-five dollars for chapel organ.

We are under obligations to Reverends Doane, Caldwell, Miller and Lichtenhaler, of the M. E. Church; Reverends Bishop Morris, Rosenburg, Bonnell, Wrixon and Nevius, of the Episcopal Church; Rev. T. L. Eliot, of the Unitarian Church; Reverends Father Fierens and Glorieux, of the Roman Catholic Church, and others, for religious services held weekly in the chapel of the Asylum.

Also, to Maguire's Minstrel Troupe for an entertainment given the patients.

Also, to the East Portland Band for a musical performance.

Also, to Kohn & Fishel for one large pound-cake on Christmas, 1872; one from Fishel & Roberts, on Christmas, 1874; one large fruit cake on Christmas, 1873, from E. Milwain.

We are also under obligations to Miss Brown, Mrs. Anderson, and others, for kindly volunteering to perform on the organ during divine services.

We are under obligations to Rev. Mr. Dawne for services of the M. E. Church South.

To your Excellency I return my sincere thanks for the uniform courtesy extended to me, and for the interest which you have manifested in the welfare of those under my charge.

To Dr. A. D. Ellis, State Visiting Physician, my acknowledgements are due for his professional aid. In the discharge of his duties he has ever been faithful, guarding the interests of the State, as well as that of those to whom the charities of the State have been extended.

To all those who have shared with me the responsibilities and labor connected with the institution, and to whose efforts much of whatever success has been achieved is due, and for their kindness, forbearance, and tenderness

toward those under their immediate charge, I return my hearty thanks.

CONCLUSION.

In conclusion, I commit the institution and its inmates to the protection of the Supreme Ruler of the Universe, believing that the representatives of a philanthropic and enlightened people will not withhold anything which has thus far been provided and found necessary for the comfort and welfare of this unfortunate class of our fellow beings.

J. C. HAWTHORNE,

EAST PORTLAND,

Superintendent.

September 1st, 1874.